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# City of Long Beach



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Parks and Recreation  
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## Parks and Recreation Department



# JUNIOR YOGA

## 2<sup>ND</sup> GRADE TO 5<sup>TH</sup> GRADE

**Class description:** In this class children will be exposed to a more traditional style of flowing sequenced yoga asana (movements) connected to breathing. Through the exploration of more challenging poses, partner & group poses, and meditations, children in this class will work on developing greater awareness and control, respect for themselves and others, as well as inner and outer strength, coordination, balance, and focus. There will be more emphasis on accuracy of postures and more in-depth discussion of the mental and physical benefits of yoga. Please bring a mat or towel for your child and dress in clothes good for bending and stretching.

**About the Instructor:** Jennifer is a *Karma Kids* certified yoga instructor as well as a NYS certified Early Childhood, Elementary, and Students with Disabilities teacher. Before focusing her time to raise her children, she taught 2nd grade and Special Education Support Service for grades K-3. Jennifer has also taught mommy & me gymnastics and preschool ballet. She is passionate about the benefits of yoga for every child!

**Fridays 5:30 p.m. – 6:30 p.m.**

**Class is limited to the first 15 participants**

### Schedule of Classes:

***This class will be held at the Long Beach Senior Center (2<sup>nd</sup> Floor) – Located next to the Pool***

	January	February	March
Friday	13 – 20 – 27	3 – 10	3 – 10 – 17

**Registration:** Long Beach Recreation Center  
700 Magnolia Blvd.  
(516) 431-3890

**Fee:** \$65 fee for the eight (8) sessions of yoga  
Make checks payable to City of Long Beach.  
Cash, Visa or MasterCard also accepted.

2016 Winter Junior Yoga

\*\*Put Telephone # on check

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PARENT NAME \_\_\_\_\_

I understand that payment is non-transferable and non-refundable. Parent Signature \_\_\_\_\_

***For Rec Use Only:***

Receipt # \_\_\_\_\_ Amt Pd. \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_